

CLAIMS

What is claimed is:

- 5 1. A method for operating a workout facility having a plurality of workout stations arranged for use by individual users, said method comprising:

receiving identification (ID) signals at one of said
10 workout stations, said ID signals being representative of an individual user;

measuring workout data generated by said individual user at
said workout station; and
15 saving said workout data to a workout data file associated with said individual user when said user has finished using said workout station.
- 20 2. The method as set forth in claim 1 wherein said workout data file is maintained at a server within said workout facility.
3. The method as set forth in claim 1 wherein said
25 receiving is accomplished by receiving ID signals transmitted from a transmitter device carried by said individual user.
4. The method as set forth in claim 1 wherein said
30 receiving is accomplished by receiving ID signals at a reading device located at said workout station, said ID signals being generated by an initial reading of a code contained on an article carried by said individual user.

5. The method as set forth in claim 4 wherein said code is a bar code readable by an optical reading device.

6. The method as set forth in claim 4 wherein said code is
5 a magnetic code on a medium readable by a magnetic code reading device.

7. The method as set forth in claim 3 and further including determining when said individual user has finished using
10 said workout station, said determining being accomplished by detecting an absence of said transmitted ID signals at said workout station.

8. The method as set forth in claim 4 and further including
15 determining when said individual user has finished using said workout station, said determining being accomplished by detecting when said ID signals are read for a second time at said workout station, said second reading signifying that said individual user has completed a
20 workout at said workout station.

9. The method as set forth in claim 1 and further including displaying said workout data on a display device located at said workout station.
25

10. The method as set forth in claim 1 and further including:

displaying said workout data file of said individual user
30 on a display device located at said workout station.

11. The method as set forth in claim 10 wherein said workout data file further includes a workout routine for said individual user, said workout routine including

specific workout protocols for said individual user at each of said plurality of workout stations.

12. The method as set forth in claim 11 and further
5 including displaying said specific workout protocols for said individual user on said display devices at workout stations being used by said individual user.

13. The method as set forth in claim 1 and further
10 including saving workout data from a plurality of workout stations to said workout data file.

14. The method as set forth in claim 1 and further
including enabling reservation of selected workout stations
15 by said individual user.

15. The method as set forth in claim 14 and further
including displaying notice of said reservation of a reserved workout station at a display device located at
20 said reserved workout station.

16. The method as set forth in claim 15 and further
including disabling said reserved workout station, said reserved workout station being selectively enabled by said
25 receiving of said ID signals associated with said individual user at said reserved workout station.

17. A medium programmed to provide operating signals when said medium is read by a compatible reading device at a
30 workout facility computer system, said operating signals being effective for causing said workout facility computer system to interact with individual workout stations located within said workout facility for:

receiving identification (ID) signals at one of said workout stations, said ID signals being representative of an individual user;

- 5 measuring workout data generated by said individual user at said workout station; and

saving said workout data to a workout data file associated with said individual user when said user has finished
10 using said workout station, said workout data file being stored at said workout facility computer system.

18. A workout facility computer system comprising:

- 15 a central server device; and

a plurality of control units coupled to said central server device, each of said control units being coupled to a corresponding one of a plurality of individual workout
20 stations located within said workout facility, each of said control units including means for receiving identification (ID) signals representative of an individual user, said workout stations being selectively operable for measuring workout data generated by said individual user at said
25 workout station, said control units being further selectively operable for saving said workout data to a workout data file associated with said individual user when said user has finished using said workout station, said workout data file being stored at said workout
30 facility computer system.

19. The method as set forth in claim 18 wherein at least one of said workstations includes a display device coupled to said control unit at said workstation, said display

device being selectively operable for displaying workout data related to said individual user.